

**NURSING ASSISTANT
CERTIFIED (NAC)
Pierce County Careers Connection
Dual Credit Articulation Agreement
(Clover Park Technical College)**

Upon completion of high school courses equivalent to the following competencies:

- Basic Technical Skills
 - Taking and recording vital signs
 - Measuring and recording height and weight
 - Caring for resident's environment
 - Recognizing abnormal changes in body functioning & the importance of reporting changes to a supervisor
- Personal Care Skills
 - Bathing
 - Grooming, including mouth care
 - Dressing
 - Toileting
 - Assisting with eating & hydration
 - Measures & records fluid & food intake & output of client
 - Proper feeding techniques
 - Identifies/demonstrates principles of health/sanitation in the food service
 - Skin care
 - Transfers, positioning and turning
- Mental Health and Social Service Needs
 - Modifying aide's behavior in response to residents' behavior
 - Awareness of developmental tasks associated with the aging process
 - How to respond to resident behavior
 - Allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity
 - Using resident's family as a source of emotional support
- Basic Restorative Services
 - Training the resident in self care according to the resident's ability
 - Use of assistive devices in transferring, ambulation, eating and dressing
 - Maintenance of range of motion
 - Proper turning and positioning in bed or chair
 - Bowel and bladder training
- Care and use of prosthetic and orthotic devices
- Promoting residents' independence/respecting resident rights
 - Providing privacy and maintenance of confidentiality
 - Promoting the residents right to make personal choices to accommodate their needs
 - Giving assistance in resolving grievances & disputes
 - Providing needed assistance in getting to & participating in resident & family groups & other activities
 - Maintaining care and security of resident's personal possessions
 - Promoting the resident's right to be free from abuse, mistreatment & neglect & the need to report any such treatment to appropriate facility staff
- Avoiding the need for restraints in accordance with current professional standards
- Communication and Interpersonal Skills
 - Reports clients concerns
 - Read, write, speak, and understand English at the level necessary for performing duties.
 - Listen and respond to verbal and nonverbal communication in an appropriate manner.
 - Recognize how one's own behavior influences client's behavior and know resources for obtaining assistance in understanding client's behavior.
 - Make adjustments for client's physical or mental limitations.
 - Use terminology accepted in the nursing facility to record and report observations and pertinent information.
 - Record and report observations, actions, and information accurately and timely.
 - Demonstrate ability to explain policies and procedures before and during care of the client.
- Infection Control
 - AIDS Education
 - Use principles of medical asepsis and demonstrate infection control techniques and universal precautions.
 - Explain how disease causing microorganisms are spread; list ways that HIV and Hepatitis B can spread from one person to another.
 - Demonstrate knowledge of cleaning agents and methods which destroy microorganisms on surfaces.
- Safety/Emergency Procedures
 - CPR training including Heimlich maneuver
 - Provide adequate ventilation, warmth, light and quiet measures.
 - Use measures that promote comfort, rest and sleep.
 - Promote clean, orderly, and safe environment and equipment for the client.
 - Identify and utilizes measures for accident prevention.
 - Identify and demonstrate principals of body mechanics.
 - Demonstrate proper use of protective devices in care of client.
 - Demonstrate knowledge of fire and disaster procedures.
 - Identify and demonstrate principles of health and sanitation in the service of food.
 - Demonstrate the proper use and storage of cleaning agents and other potentially hazardous materials.
 - Recognize abnormal changes in body functions and the importance of reporting changes to a supervisor.

- Death/Dying Client and Family
 - Caring for resident when death is imminent

- Rules and Regulations Knowledge
 - Demonstrates knowledge of and is responsive to laws and regulations including Client Abuse and Neglect, Client Complaint Procedures, Workers right to know and the Uniform Disciplinary Act.
 - Respects client's property and does not take resident property for own or other's use or benefit. Does not solicit, accept or borrow money or property from the resident

- Care of the Cognitively Impaired
 - Techniques for addressing the unique needs and behaviors of individuals with dementia (Alzheimer's and others)
 - Communicating with cognitively impaired residents
 - Understanding the behavior of cognitively impaired residents
 - Appropriate responses to the behavior of cognitively impaired residents
 - Methods of reducing effects of cognitive impairments

Clinical Training Hours:

- Requirements for clinical hours per WAC 246-841-490 state law

Curriculum content must meet State and Federal requirements:
42CFR483.152
WAC 246-841-400 & 246-841-490

Skill Sets

- The minimum skills types taught include the skills outlined in the Washington Nursing Assistant Candidate Handbook Current edition
- Students must return demonstrate all skills taught and evidence of skills demonstrated must be maintained in files

A student earning a "C" grade or better may earn college credit at one of the following colleges:

<u>College</u>	<u>Course</u>	<u>Credits</u>
Clover Park Technical College	NAC 108 (Nursing Assistant Theory)	5
	NAC 111 (Nursing Skills Fundamentals)	2
	NAC 114 (Unit Based Clinical Experience)	<u>2</u>
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